

Mon	Tue	Wed	Thu	Fri
03 Civic Holiday BIS CLOSED	04 10:00 am Social / Brain Busters 11:15 am VON Exercise / Music	05 2:30 pm – 3:00 pm Meditation Drop-in	06 10:00 am Social / Brain Busters 11:15 am VON Exercise / Music	07
10 2:30 pm – 3:00 pm Meditation Drop-in	11 10:00 am Social / Brain Busters 11:15 am VON Exercise / Music	12 2:30 pm – 3:00 pm Meditation Drop-in	13 10:00 am Social / Brain Busters 11:15 am VON Exercise / Music	14
17 2:30 pm – 3:00 pm Meditation Drop-in	18 10:00 am Social / Brain Busters 11:15 am VON Exercise / Music	19 2:30 pm – 3:00 pm Meditation Drop-in	20 10:00 am Social / Brain Busters 11:15 am VON Exercise / Music	21
24 2:30 pm – 3:00 pm Meditation Drop-in	25 10:00 am Social / Brain Busters 11:15 am VON Exercise / Music	26 2:30 pm – 3:00 pm Meditation Drop-in	27 10:00 am Social / Brain Busters 11:15 am VON Exercise / Music	28
31 2:30 pm – 3:00 pm Meditation Drop-in	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p>Note: Registration required for Meditation Drop-in Mondays and Wednesdays</p> </div>			

If you would like to register for ZOOM online groups or would like more information email
ksulman@braininjuryservices.ca

NOTE: Please do not join programs more than 5 minutes before start time